EVERYDAY LESSONS #5
Disney
FROZEN
READY FOR CHANGE!

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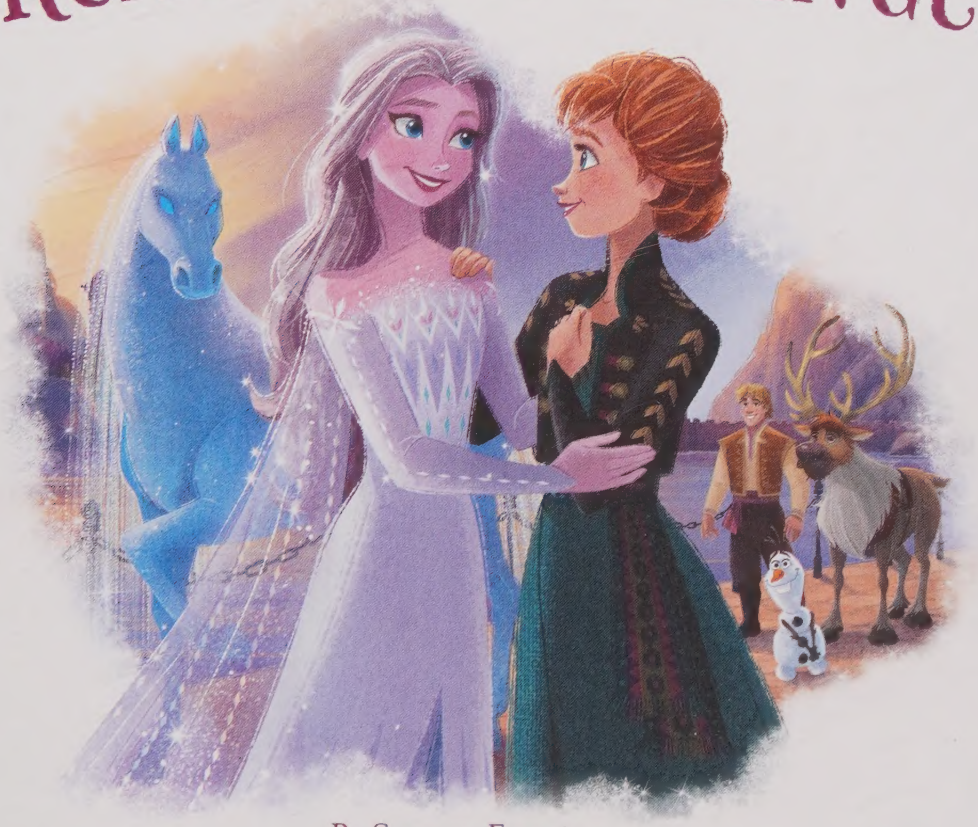

By Suzanne Francis
Illustrated by the Disney Storybook Art Team

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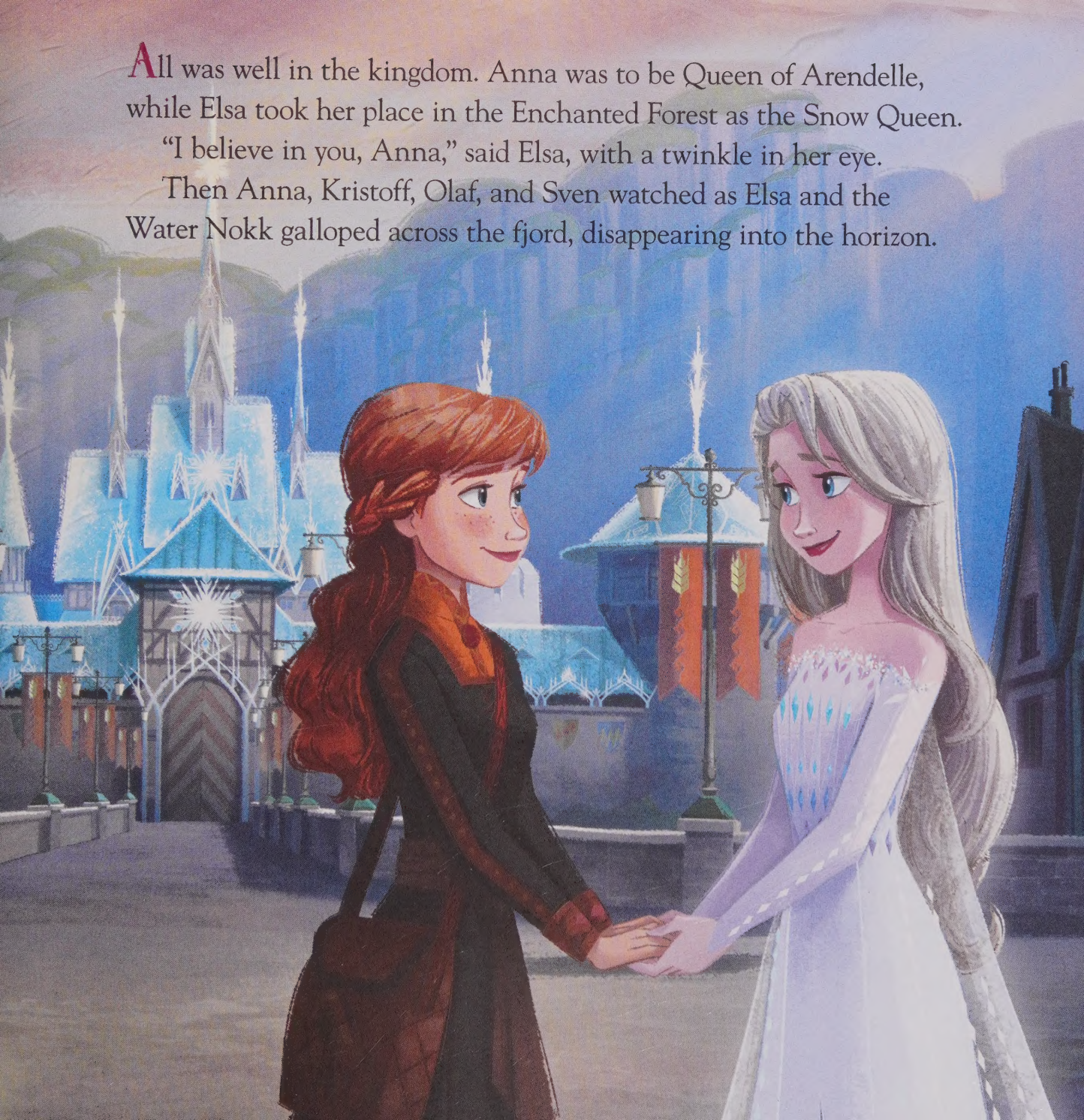
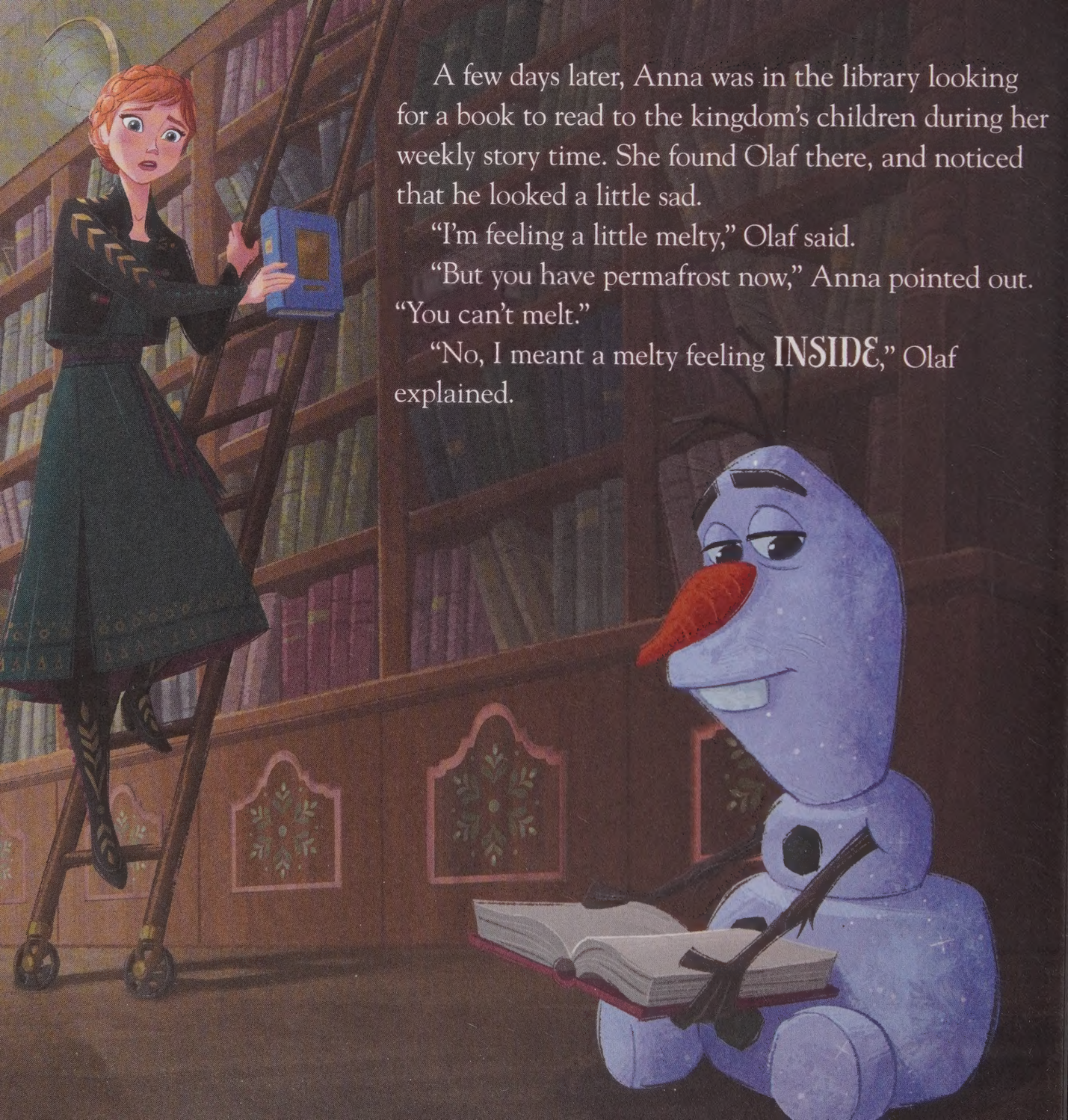
All was well in the kingdom. Anna was to be Queen of Arendelle, while Elsa took her place in the Enchanted Forest as the Snow Queen.

"I believe in you, Anna," said Elsa, with a twinkle in her eye.

Then Anna, Kristoff, Olaf, and Sven watched as Elsa and the Water Nokk galloped across the fjord, disappearing into the horizon.





A few days later, Anna was in the library looking for a book to read to the kingdom's children during her weekly story time. She found Olaf there, and noticed that he looked a little sad.

"I'm feeling a little melty," Olaf said.

"But you have permafrost now," Anna pointed out. "You can't melt."

"No, I meant a melty feeling **INSIDE**," Olaf explained.

Anna knew just the thing to cheer him up. She led him to the courtyard for story time and asked him to read.

Reading to the children made Olaf very happy. He felt proud to share his new skill, and they loved listening to him. Anna was happy, too.

As they walked back to the castle, Olaf chatted excitedly about story time.

"I can't wait to tell Elsa—" He suddenly paused. "Uh-oh. That melty feeling is back."

"I think I know what's wrong," Anna said. "You miss Elsa."

Olaf gasped. "I think you're right."

Anna reminded Olaf that no matter how far away Elsa was, the love between them would remain. Then she gave him a **WARM HUG.**

"I haven't been able to tell Elsa about anything that's happened since she left," Olaf said. "What if I forget something?"

"Why don't we keep a list?" suggested Anna.

Olaf thought that was a great idea. Back at the castle, he and Anna spent the afternoon writing down everything they would tell Elsa when she visited.

Later, Kristoff brought Anna a surprise.

"Chocolate!" she exclaimed. She selected a piece and took a bite. "This is amazing! I have to bring Elsa—"

Anna stopped herself. For a tiny moment, she had forgotten that Elsa wasn't in the castle.

"I'll just have to save her some," she finished.

"You miss her, don't you?" asked Kristoff.

Anna nodded sadly.

Kristoff put his arms around her.

"Even when we were little and I never saw her, I knew she was just down the hall. I'm so happy for her, but I miss her," Anna said.

"Of course you do," said Kristoff. "This is a big change, and it'll take time to adjust."

He reminded her that the distance between them wouldn't change what really mattered.

Out in the Enchanted Forest, Elsa noticed a bright rainbow reaching across the sky. "I haven't seen one like that since Anna and I were little." She smiled at the MEMORY of playing in the rain with her sister. "I miss her," she said quietly.

Elsa had an idea. She waved her arms. Snow and ice appeared, whirling above her.

Gale, the Wind Spirit, playfully joined Elsa's magic as it whisked off toward Arendelle.

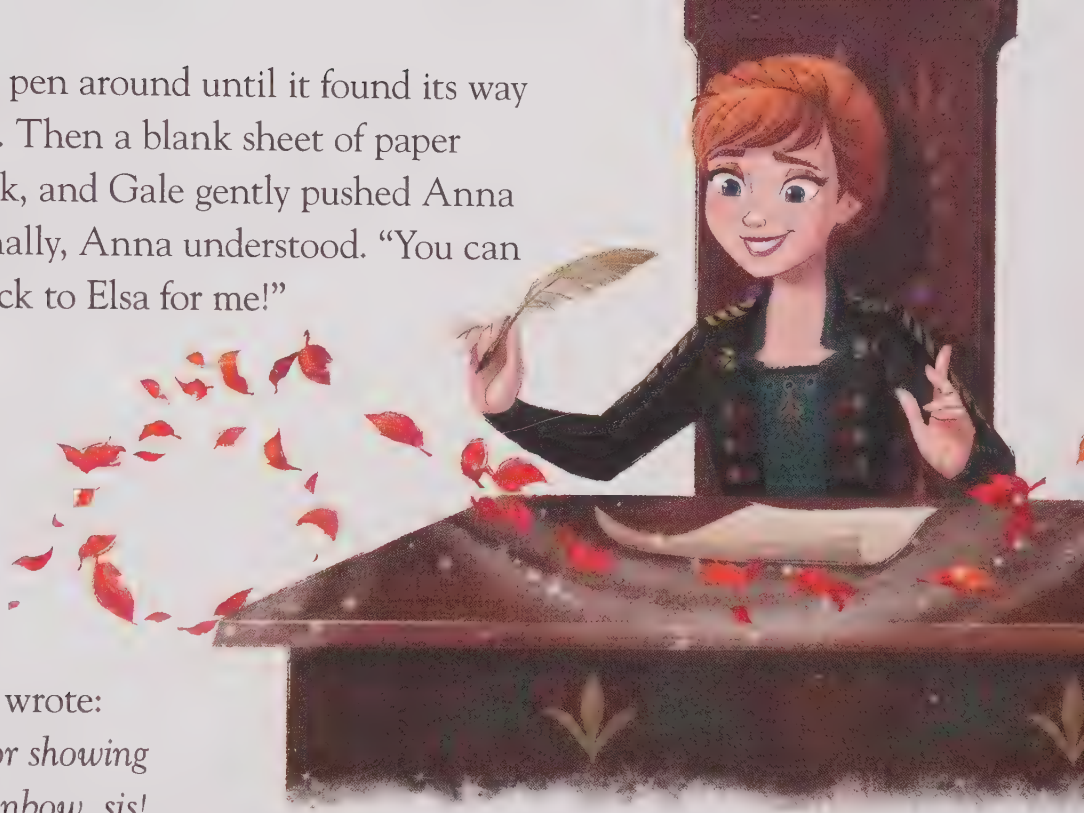
Anna was at her desk when Gale whooshed in and an ice sculpture magically appeared. Anna gazed at it, remembering that rainy day with Elsa. Then she moved to the window and saw the beautiful rainbow in the sky. For a moment, it felt as if Elsa were right there beside her.

"I wish I could send a message back," said Anna.

Suddenly, the Wind Spirit lifted papers off her desk and sent them zooming around the room.

"Gale!" Anna exclaimed, chasing down the papers. "What are you doing? I don't have time to play right now."

Gale whirled a pen around until it found its way into Anna's hand. Then a blank sheet of paper landed on the desk, and Gale gently pushed Anna into her chair. Finally, Anna understood. "You can take a message back to Elsa for me!"



Anna wrote:
Thanks for showing me the rainbow, sis!
Love, Anna

She folded the note, and Gale carried it out the window.

Elsa was DELIGHTED when she received Anna's note.

"You're welcome," she whispered. She was so pleased to know that Anna had been able to see the rainbow from the castle. Elsa had to respond!

Gale zipped alongside Elsa's magic as she sent another message to Anna.

Elsa and Anna loved sending messages to each other. When Olaf saw the notes, he wanted to join in the **FUN.** He drew a picture for Anna to include with her note.

It wasn't long before Elsa returned to the kingdom for a visit. Everyone was excited to see each other. After a big group hug, the friends dashed off together—they had a very busy day planned.

Anna showed Elsa some changes around the kingdom, and Olaf enjoyed sharing his list with the Snow Queen.

"This is a very detailed list, Olaf," Elsa said, impressed. "I feel like I've been right there with you."

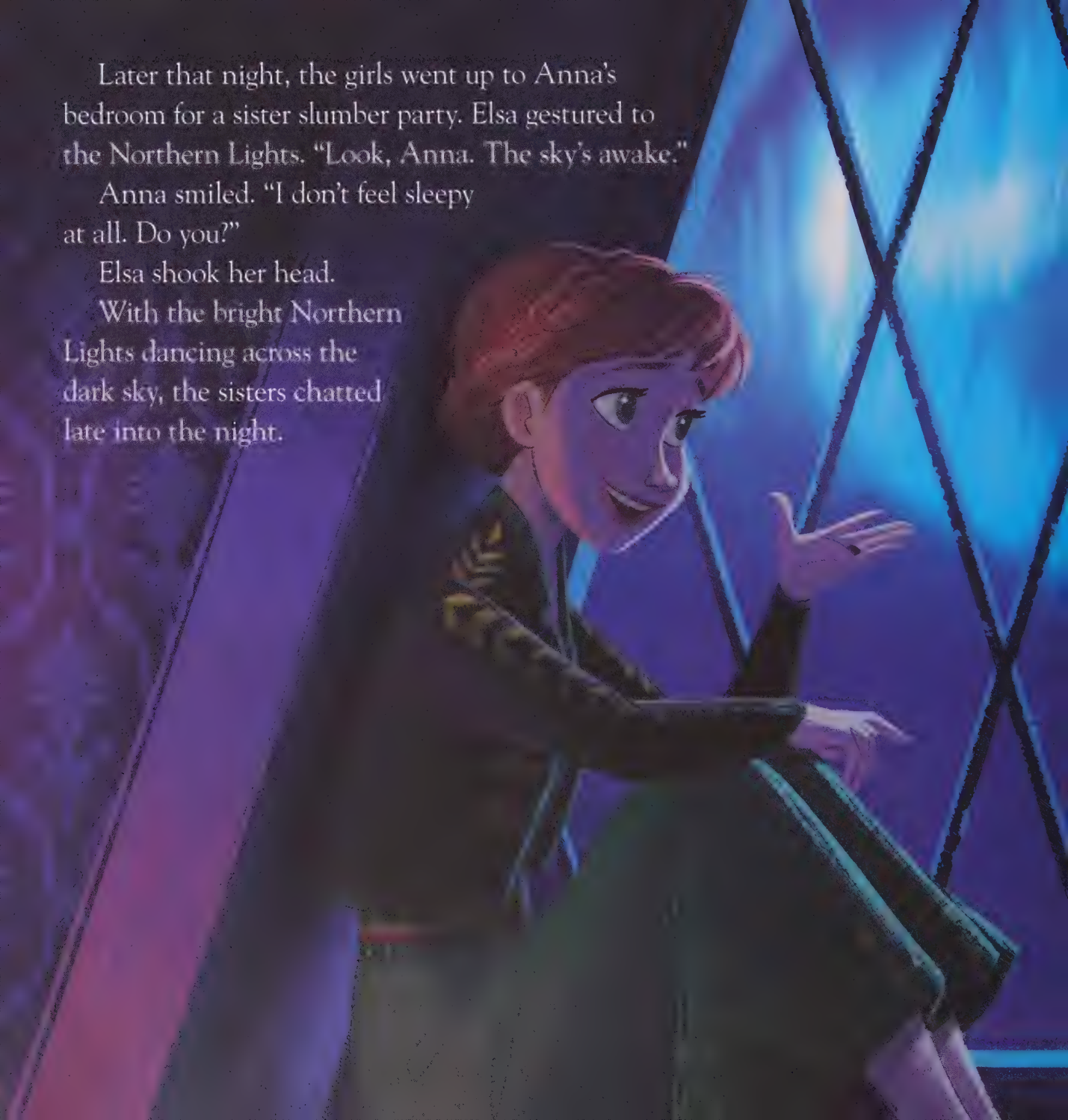
The little snowman felt toasty warm inside.

Next, the friends played charades. For the first time in forever, Elsa and Anna were winning.

"Tree. Bird. Star. Rainbow!" Anna called out excitedly each time.

As Sven rang the bell, Kristoff said, "I don't think Elsa should get to use her magic."

"Okay," said Anna. "Maybe we should try playing cards?"



Later that night, the girls went up to Anna's bedroom for a sister slumber party. Elsa gestured to the Northern Lights. "Look, Anna. The sky's awake."

Anna smiled. "I don't feel sleepy at all. Do you?"

Elsa shook her head.

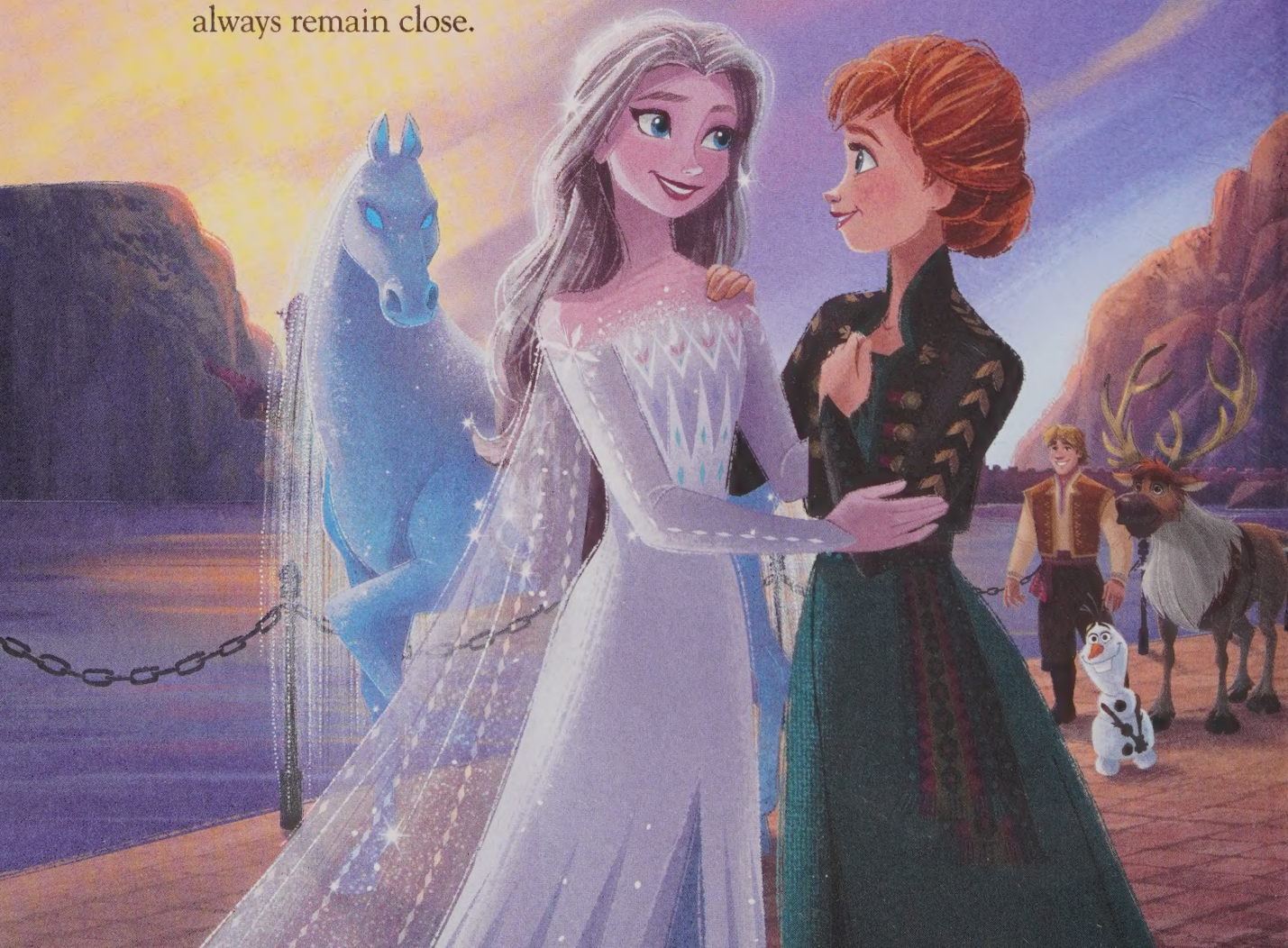
With the bright Northern Lights dancing across the dark sky, the sisters chatted late into the night.

The next morning, Elsa and Anna embraced. They promised to continue to send messages and to visit each other again soon.

"I LOVE you so much," said Elsa.

"I love you, too," Anna replied.

The sisters knew that some things would never change, and no matter the distance between them, they would always remain close.



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Disney FROZEN

READY FOR CHANGE!

Join Anna, Elsa, and Olaf as they learn how to stay close with loved ones even when they are far away.

EVERYDAY LESSONS books use familiar and beloved Disney characters to teach kids social-emotional topics, such as accepting differences, staying calm, and trying new things.

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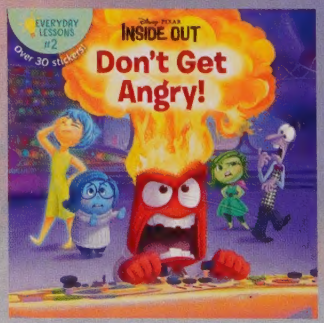

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